



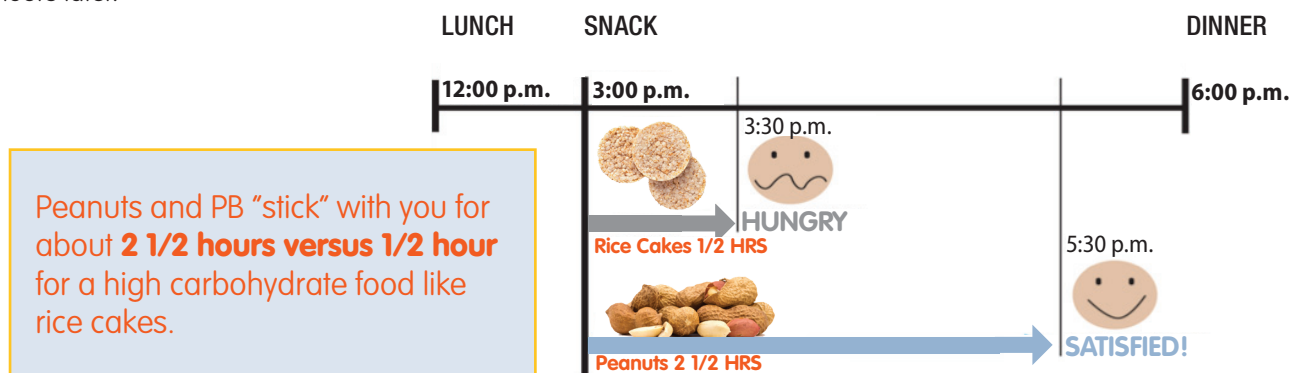
STAY SATISFIED WITH PEANUTS

PEANUTS KEEP YOU FULLER LONGER.

- According to a study at Purdue University, peanuts keep you fuller longer than high carbohydrate snacks.¹ The study showed that peanuts and peanut butter “stick” with you for about 2 1/2 hours versus 1/2 hour for rice cakes.
- Recent research shows consuming peanuts or peanut butter for breakfast can increase a hormone that promotes satiety and fullness.²

PEANUTS DECREASE DESIRE TO EAT.

- Peanut eaters feel satisfied and less hungry. Research shows people naturally compensate for up to 3/4 of the calories consumed from peanuts by consuming fewer calories throughout the day.³
- In one study, people who consumed peanuts or peanut butter for breakfast reported a lower desire to eat up to 8 to 12 hours later.²



Kirkmeyer, et al, 2000

PEANUTS ARE HIGH IN PROTEIN AND FIBER.

- Peanuts contain about 8g of protein per 1-ounce serving⁴, which is more protein than any other nut, and research shows protein plays an important role in promoting satiety.⁵
- Peanuts contain about 2.5g of fiber per ounce⁵, making them a good source according to the FDA. Fiber absorbs water in the body to expand and make us feel fuller and more satisfied after eating.

PEANUTS KEEP BLOOD SUGAR MORE EVEN THROUGHOUT THE DAY.

- Peanuts and peanut butter are a low glycemic index food due to their high amounts of healthy oils and protein that help sugar to be released into the blood stream more slowly, keeping energy levels high and appetite in check.⁶
- In one study, peanuts and peanut butter eaten at breakfast helped maintain blood sugar control throughout the day, even in later meals.²

PEANUTS ARE SATISFYING AND FLAVORFUL.

- Research shows that peanuts have an enjoyable flavor and people do not get tired of eating them, even after 8-weeks of replacing all fat in the diet with peanuts.⁵
- The healthy oils in peanuts provide taste and the protein provides satiety so people don't feel deprived.⁷ Three times as many people stuck with a “good” fat weight loss diet that included peanuts and peanut butter in a Mediterranean-style diet vs. a low-fat diet.

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